

\$50 Small Group Fitness Program

Eligibility:

- ✓ Employees and retirees covered by the self-insured St. Louis County health plan and enrolled in St. Louis County's FREE Total Wellness* Program
- ✓ Up to two members per household (including spouse or other dependent over the age of 18) also covered by the health plan
- ✓ An eligible small group is 1 to 4 people; a group of 4 results in the most cost savings

Details:

- ✓ BlueCross and BlueShield will reimburse \$50 for small group fitness training provided by a certified professional trainer operating out of a participating fitness facility when participant completes 4 sessions in one calendar month
- ✓ Participants in both the \$20 *Blueprint for Fitness* and \$50 *Small Group Fitness* could receive up to a \$70 reimbursement with just 8 visits per month
- ✓ This is a voluntary wellness program. All fitness activities must be completed during the employee's own time



*To enroll in Total Wellness contact Julie Geissler @ ext 2133).